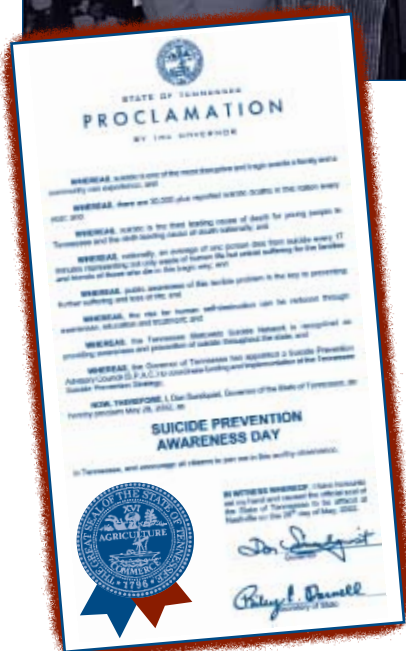


Suicide Prevention Awareness Day Proclaimed in Tennessee



Suicide prevention advocates, suicide survivors and various elected officials from throughout the state gathered at the State Capitol on May 28 for a program to highlight suicide prevention.

A proclamation from Governor Don Sundquist declared it Suicide Prevention Awareness Day in Tennessee as attendees recited "I pledge to do whatever I can both personally and professionally to prevent suicide among my fellow Tennesseans."

The group heard from the State's Chief Administrative Officer Eleanor Yoakum; DMHDD Commissioner Elisabeth Rukeyser; Anita Bertrand, chair of the Tennessee Suicide Advisory Council; Debi Dinwiddie-Anderson of the TAD Foundation and Clark Flatt of the Jason Foundation.

Attendees, including Attorney General Paul Summers, signed a giant banner that will be taken across the state to various suicide prevention events.

Every year, an estimated 700 men, women and children die by suicide in Tennessee.

The DMHDD is encouraging individuals to contact their local health provider or the Tennessee Suicide Prevention Network for information on how to become involved in suicide prevention activities. For those in a crisis situation, emergency care should be sought immediately.

Commissioner Elisabeth Rukeyser said many times suicide victims have a significant mental illness at the time of their death.

"Often victims are undiagnosed or not treated at all," Rukeyser said. "We need to help these individuals get through their times of need and to let them know that people do care about their situation. We need to be pro-active not reactive."

Kellogg Heads Mental Retardation Services

Richard Kellogg, former commissioner of the Department of Mental Health, Mental Retardation and Substance Abuse in Virginia, was appointed deputy commissioner of the Division of Mental Retardation Services, effective April 29. Sandra Sturgis, who served as interim deputy commissioner since December, was named chief operating officer.



Prior to his four years as commissioner, Kellogg was acting commissioner for a year and deputy commissioner from 1994-1997. He also served as chairman of the State Executive Council of the Comprehensive Services Act from 1997-2002.

Kellogg has bachelor and master's degrees from the University of Vermont. He attended the Institute of Mental Health Administration at Dartmouth Medical College and Harvard University's School of Government, Medical School and Business School.

Nationally, suicide is the 11th leading cause of death with one occurring on average every 18 minutes. That's 30,000 people whose lives could be saved each year.

The Tennessee Suicide Prevention Network—a statewide group active with planning seven regional conferences held in 2001, with over 1,000 in attendance—coordinated activities at this proclamation event. During 2002, the network has put together three regional conferences with a combined attendance of 585 people.

State of Tennessee
Don Sundquist, Governor



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Developmental Disabilities
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Nashville, TN 37243
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www.state.tn.us/mental

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Around the State

CBDC Recognizes Volunteers

Clover Bottom Developmental Center (CBDC) hosted its annual volunteer recognition luncheon on April 18 with over 120 adults and children present.

Beth Hill, a Pampered Chef Consultant, was named Volunteer of the Year. CBDC music therapists Regina Bilibrey, Amy Bishop and Laura Logue demonstrated the impact and importance of music in a person's life by an exercise involving the guests. The five-year-old class from St. Mary Villa entertained with songs and readings.



From left are Volunteer Coordinator Marti Cook, Beth Hill and CBDC Chief Officer Frances Washburn. Luncheon speakers included Representative Ben West, Jr. and Sandra Sturgis, chief operating officer of the Division of Mental Retardation Services.

Involuntary Commitment Model Forms on Internet

A Title 33 work group has developed 24 new and revised model forms for involuntary commitment. These forms, which reflect the current law and eliminate unnecessary duplication, are available from the DMHDD's web site at

www.state.tn.us/mental/t33/ModelForms.html

These forms are used by the courts that deal with involuntary commitment, private psychiatric hospitals and the department's regional mental health institutes.

Dual Diagnosis Day

To commemorate the governor's proclamation of Dual Diagnosis Day and to welcome people to their new location, Foundations Associates held an open house on Friday, May 3.

Slated to be an annual event, Dual Diagnosis Day was recognized by the governor to spread the awareness of co-occurring disorders—the co-occurrence of mental illness and chemical dependency.

Foundations Associates' new location is 220 Venture Circle, Nashville, TN 37228. The phone number is (615) 742-1000.

Tennessee Respite Coalition Reports Survey Results

Data from a survey of caregivers across Tennessee indicate families would like to use respite care, but find it difficult to locate and pay for a provider. Their need for a break is evidenced by these survey results:

- Over 75 percent of caregivers spend between 11 and 24 hours per day caregiving with over a third of these families spending 21 to 24 hours daily.
- More than half of the caregivers rarely or never get a break from caregiving and almost 80 percent had not had a vacation in the past year.
- Respite—often the most frequently requested family support service—provides caregivers with the occasional relief necessary to sustain their own health or attend to other family members according to Louise Barnes, Ph.D., respite director for the DMHDD.

Recently introduced legislation, called the Lifespan Respite Care Act of 2002, would allow states to develop a statewide system of respite care. "If passed, it could improve access to respite services for caregivers of individuals of all ages and disabilities," said Kelly Tipler, coordinator of the Tennessee Respite Coalition.

Consumers' Association Convention Held in Nashville

The 2002 Convention of the Tennessee Mental Health Consumers' Association (TMHCA) was held in Nashville in the spring. The event consisted of a variety of workshops and training events and the many BRIDGES instructors from across the state were honored at a special banquet.

DMHDD Assistant Commissioner for MH Services, Melanie Hampton spoke at the TMHCA Dinner Banquet and Vickie Cousins, director of Consumer Affairs from the South Carolina Department of Mental Health, provided the keynote address.



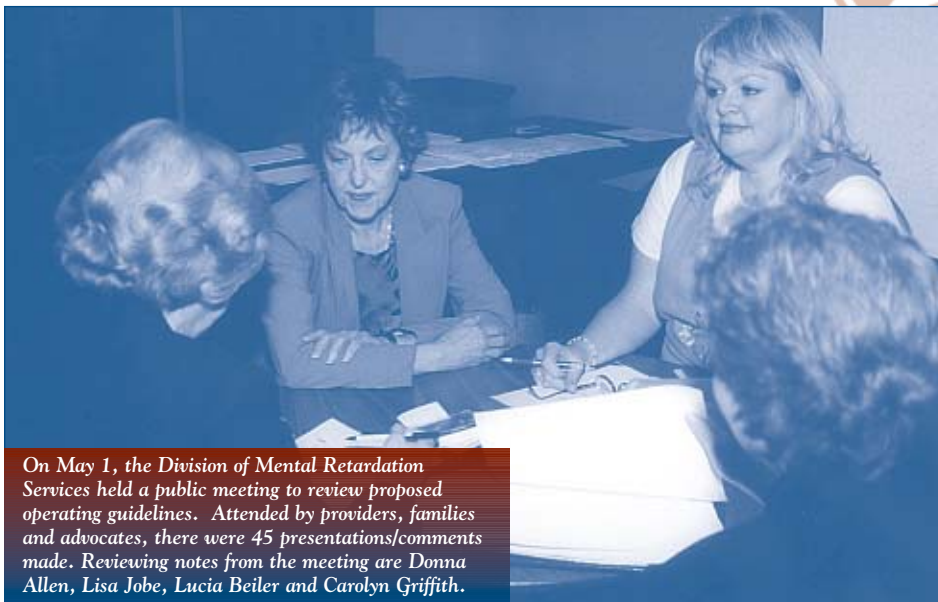
Bob VanderSpek from the DMHDD Office of Consumer Affairs presented "Keeping on the Sunny Side: the Role of Humor in Healing." Enjoying the workshop is Randy Bain.

Around the State



The Second Annual Policymakers' Discussion on Children's Health was held in Nashville this spring. The full day event covered a variety of topics including the state of children's health in Tennessee, access to health insurance and EPSDT, best practices, new initiatives and on-going work. It included a session on Mental Health with Larry Thompson, Ph.D., representing the DMHDD. The events planning committee is pictured.

For 48 years the YMCA has provided a hands on learning experience about state government to high achieving Tennessee teens. As part of the 49th session of the YMCA Youth Legislature, two high school students served as Commissioner of Mental Health and Developmental Disabilities—Anita Vasu from Hutchinson School in Memphis and Amy Chandler from Brentwood High School. Pictured is Anita Vasu with DMHDD Deputy Commissioner Ben Dishman.



On May 1, the Division of Mental Retardation Services held a public meeting to review proposed operating guidelines. Attended by providers, families and advocates, there were 45 presentations/comments made. Reviewing notes from the meeting are Donna Allen, Lisa Jobe, Lucia Beiler and Carolyn Griffith.

Adolescent Co-Occurring Mental/Substance Use Disorders Studied

Co-occurring mental and substance use disorders are typically not recognized or treated as a distinct problem among adolescents in TennCare or in publicly-funded treatment programs, according to findings in an IMPACT Study.

According to Craig Anne Heflinger, Ph.D., principal investigator, some 27 percent of youth entering Tennessee's publicly funded treatment programs for substance use problems met the criteria for a co-occurring substance abuse and serious emotional disorders.

The study also found 12 percent of TennCare adolescents (12,000 individuals) potentially have co-occurring disorders and were in need of at least a screening.

Conducted by Vanderbilt University's Center for Mental Health Policy in conjunction with Tennessee Voices for Children, the Tennessee Commission on Children and Youth and Mississippi Families as Allies, the study was part of a national effort to examine the impact of Medicaid managed care on vulnerable populations.

It was funded by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

For more information contact Andrea Flowers, Data Disseminator, at (800) 670-9882 or e-mail aflowers@tnvoices.org.



Happenings

- "Investing for Results: Changing the Conversation" is the theme for the 7th Annual Minority Health Summit set for September 12-13 at the University of Memphis Hotel/Fogelman Executive Conference Center in Memphis. For information call (615) 741-9443.
- The Council on Developmental Disabilities has a new location—13th Floor, Suite 1310 of the Andrew Jackson Building, 500 Deaderick Street, Nashville, TN 37243-0228. The phone number is (615) 532-6615.
- Frontier Health was recently recognized by the Tennessee Quality Award (TQA) program for its commitment to performance excellence and quality achievement in the mental health field. It is the first Tennessee mental health organization to receive this award.
- The John F. Kennedy Center at Vanderbilt University hosted "Art Through the Eyes of Autism," a statewide exhibit organized by the Autism Society of Middle Tennessee, from April-June.

Around the State

Survey Shows Metro Students in Line with National MH Assessments

About one of every five students surveyed at Nashville's Hillwood High School say they have mental health issues serious enough to affect their lives. Over 25 percent say they had thought about suicide.

Some 170 students responded to a "TeenScreen" survey conducted by NAMI Nashville and Columbia University earlier this year. Results show these students in line with students across the country on mental health issues. TeenScreen was presented as part of the 10th grade health and wellness program.

Ninety-six students spoke to a therapist as a result of this screening. At least two, according to NAMI's summary of results, were in "life-threatening danger" of suicide and are now in treatment.

"This program allows us to find, evaluate, diagnose and treat potential problems," said Elliott Garrett, NAMI Nashville's board president. TeenScreen was funded through grants from AdvoCare and Eli Lilly and staffed by 33 volunteers.

Quinco CMHC Accredited By CARF

Quinco Community Mental Health Center was informed by the Rehabilitation Accreditation Commission (CARF) that it was accredited for three years for its Mental Health Programs—case management, outpatient treatment, children and adolescent case management and children and adolescent outpatient treatment.

Quinco Executive Director Barry Hale said "Quinco is the first mental health center in Tennessee to be awarded a three-year accreditation by CARF for case management and outpatient treatment."

From the Bolivar Bulletin Times



At the TeenScreen Survey press conference are (seated from left) Evelyn Yeargin, Jane Baxter and Maggie Samuchin, past president of NAMI Nashville. Standing (from left) Bethony Barton, Foundations Associates; Martha Robinson, DMHDD Director of Public Information and Education; Clay Meyers, executive principal of Hillwood High School; Debbie Cagle, AdvoCare; and Linda Cohen, outreach director at NAMI Nashville.

DMHDD Hosts Forensic Renewal Training

A conference designed to meet the Department of Mental Health and Developmental Disabilities' (DMHDD) requirements for renewal of certification to perform forensic evaluations was held May 14, in Murfreesboro.

Benefiting professionals involved in the evaluation and treatment of persons with mental illness, the objective of the one-day event was to identify and clarify risk involved in treatment, discharge and after-care.

Hosted by the DMHDD Forensic Services staff, the conference featured two major presenters: Marnier Rice, Ph.D., a clinical psychologist from Ontario and Nashville Attorney David Raybin who has specialties in criminal trial and criminal appellate law, parole hearings and post-conviction petitions.



Commissioner Elisabeth Rukeyser talks with Dr. Emmanuel Nwokeji, a psychiatrist at Memphis Mental Health Institute, during the Forensic Renewal Conference.

Suicide Prevention...cont. from page 1

For more information:

Tennessee Suicide Prevention Network
Scott Ridgway, Director
P. O. Box 40752
Nashville, TN 37204
(615) 298-3359
e-mail sridgway@aol.com
Crisis Call (615) 244-7444
National Hotline: 1 (800) Suicide

The TAD Foundation
320 Dogwood Drive
Manchester, TN 37355
(931) 728-7950

e-mail: TheTADFoundation@aol.com
www.thetadfoundation.org/

Mission: The promotion of suicide prevention through community awareness to encourage decisions that will enhance well-being and healthier lifestyles.

The Jason Foundation
116 Maple Row Blvd., Suite C
Hendersonville, TN 37075
(615) 264-2323 • (888) 881-2323
ClarkFLATT@jasonfoundation.com

- Tennessee ranks 15th nationally for annual deaths by suicide (1999).
- Over half of all suicides occur in adult men, ages 25-65.
- Males are four times more likely to die from suicide than are females.
- There are now twice as many deaths due to suicide as to HIV/AIDS.
- For every two victims of homicide in the U.S., there are three persons who take their own lives.

Figures from the American Association of Suicidology (AAS). For more information, visit the web sit at www.suicidology.org



Family Support Council Holds Quarterly Meeting

The State Family Support Council met May 2nd in Nashville to:

- discuss the recent outcome of the programmatic review of agencies that contract for family support
- review amendments to quarterly reporting forms for agencies, and
- receive an overview of the annual Family Satisfaction Surveys.

The Division of Mental Retardation Services administers the Family Support Program. The Council—a majority of whose members are individuals with disabilities or family members—plays a strong role in assuring the Family Support Program is family friendly and family driven.

Trisha Rogers and Cindy Graves were nominated as chair and vice-chair, respectively, to lead the council during Fiscal 2003.

Need Disability Information?

The Tennessee Disability Information and Referral Office—located at the Kennedy Center at Vanderbilt University in Nashville—provides statewide, comprehensive information and referral services. The scope of information includes all disabilities for people of all ages. There is no charge for this service.

Contact the office by phone or e-mail
(800) 640-INFO (4636)
(800) 273-9595 (TDD)
(615) 322-8529 (Nashville area)
carole.moore-slater@vanderbilt.edu.

This program is a project of the Tennessee Council on Developmental Disabilities.

NICHCY—the National Information Center for Children and Youth with Disabilities—has free information about disabilities, special education and related services, behavioral interventions, IDEA 97, IEPs, transition and working with parents.
(800) 695-0285
www.nichcy.org



Profile:

Barry Enjoying His New Life

Fifteen years is a long time to be somewhere—anywhere for that matter. For some, the time may fly by. While for others, it may seem like an eternity. It could be at a job or a club or even in a state of mind. And for those who overcome trials and tribulations during this time the feeling can be total bliss.

“Barry” is one such person. After spending 15 years at Western Mental

Health Institute, where he was treated for schizoaffective disorder, he re-entered the community.

Currently he lives in a Southeast Mental Health Center Supportive Living Facility with 24 hour staff supervision. Here he receives outpatient treatment through the center's adult continuous treatment team.

“Barry” is gradually acquiring independent living skills that he will need if he moves to more independent housing.

He says he's happy to be out of the institute and is enjoying his new life.



MHDD Topics Addressed at Best Practices Conference

DMHDD Commissioner Elisabeth Rukeyser and TennCare Partners Director of Operations Paul Miller kicked off the Best Practices Guidelines Conference held in Nashville on May 15.

Directed toward health care professionals, topics included schizophrenia, bipolar disorder, depressive disorder, alcohol and drug co-occurring with mental illness, mental retardation co-occurring with mental illness, anxiety and dissociative disorder and ADHD and conduct disorder. Objectives of the conference included:

- Promoting continuity of care through establishment of uniform treatment options and the best use of multi-disciplinary treatment resources
- Aiding in identification, evaluation and provision of effective treatment for persons with severe mental ill-

ness and severe emotional disorders and

- Promoting high quality of care for adults and children served by Tennessee's public health system.

Speakers included: Doctors Terry Holmes, Raju Indukuri, Judith Akin, Andres Pumariega, Stephanie White Perry, Kelly Askins, Alan Lynch, D. Catherine van Eys Fuchs, Harold Jordan and Melvin Goldin.

Eli Lilly and Company, Janssen Pharmaceutica, Forest Laboratories, Pfizer and the University of Tennessee at Memphis sponsored the conference. Hosts included the DMHDD, Tennessee Voices for Children, Vanderbilt University Medical Center's Division of Continuing Medical Education and AdvoCare of Tennessee.



Pictured at the Best Practices Conference are (from left) Dr. Andres Pumariega, professor and director of Child and Adolescent Psychiatry for the School of Medicine at East Tennessee State University; DMHDD Commissioner Elisabeth Rukeyser; Paul Miller, director of TennCare Partners Operations; and Dr. Terry Holmes, clinical director at Moccasin Bend Mental Health Institute.

Children's Mental Health Week Celebration



It was birdhouse building, flower planting, educational exhibits, award presentations, entertainment, face painting and, of course, the animals as children and their families in Middle Tennessee gathered at the Nashville Zoo at Grassmere in May to celebrate Children's Mental Health Week.

The Children's Mental Health Week Coalition and Tennessee Voices for Children coordinated the event. Major sponsors included Eli Lilly and Company, AdvoCare, Centerstone Community Mental Health Centers, First Tennessee and the DMHDD. Information booths were provided by 41 organizations and many other donors and supporters contributed to the event's success which attracted nearly 2,000 people.

Similar celebrations were held in Knoxville, Chattanooga, Johnson City, Memphis, Jackson and Smithville.



*...to
promote,
celebrate
and raise
awareness
of
children's
mental
health
issues*



For More Information

Tennessee Voices for Children
(615) 269-7751 or
(800) 670-9882

**Department of Mental Health &
Developmental Disabilities**
Division of Mental Health Services
(615) 532-6767

About Children's Mental Health

- One in five children has a diagnosable mental, emotional or behavioral disorder. Up to one in 10 may suffer from a serious emotional disturbance. However, 70 percent do not receive mental health services.
- Attention deficit hyperactivity disorder is one of the most common mental disorders in children, affecting 3 to 5 percent of school-age children.
- As many as one in every 33 children and one in 8 adolescents may have depression.
- Children and teens that have a chronic illness, endure abuse or neglect or experience other trauma have an increased risk of depression.
- Suicide is the third leading cause of death for 15 to 24 years olds and the sixth leading cause of death for 5 to 14 years olds. Attempted suicides are even more common.

Figures derived from the National Mental Health Association and the National Council for Community Behavioral Healthcare and presented by the 2002 Children's Mental Health Week Statewide Coalition and Tennessee Voices for Children.



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